

# **Silversneakers Classes with Donna**

## **Yoga Stretch**

Move your whole body through a complete series of seated or standing yoga poses.

Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises will promote relaxation, stress reduction and mental clarity.

Please bring a yoga mat to class.

## **Special / Combo**

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular strength, range of movement, and daily living skills.

Hand-held weights, and walking. A chair is used for seated and/or standing support, head-to-toe stretching, and complete relaxation in a comfortable position.

## **Circuit/Cardio Class**

Have fun and move to the music through a variety of exercises designed to increase your cardiovascular and muscular strength, range of movement. Hand-held weights and elastic tubing with handles are offered for resistance. A chair is used for seated and/or standing support, head-to-toe stretching.

## **BOOM Class**

Gain stamina and strength with high-intensity choreography.

Marching and walking burns calories and gets your heart pumping. Bring a mat.

\*Note: This is the highest intensity class we offer. No chairs are utilized in this course.